

# Novenda's Vegan Oatmeal Banana Cranberry Cookie Recipe ©

"A healthier kind of cookie"

## INGREDIENTS:

- 1/2 cup of Vegan butter ( Preferably "Organic Earth Balance"– no hydrogenated oil or trans fatty acids)
- 2 tsp pure vanilla extract
- 1/2 cup of soy ,rice or almond milk (organic)
- 1 cup of whole grain pastry flour ( Bob's Red Mill is a great selection)
- 1 tsp baking powder ( my brand: Rumford)
- ¼ tsp of sea salt
- 1 tsp cinnamon
- 1 tsp nutmeg
- ½ cup of flax seed meal ( provides fiber, lignans & Omega-3 fats)
- 1 cup of plain oatmeal (uncooked)
- ½ cup of Agave Nectar ( low glycemic index sweetener )- wet ingredient
- 1 medium banana (preferably organic)-optional
- 1 cup of dried cranberries (preferably organic)



## PREPARATION:

Preheat oven to 375°F.

Baking time: 15-20 minutes

Mix dry ingredients in a bowl before adding wet ingredients.

Mix all ingredients until thick and well combined.

Add **Cranberries** last, they should be combined with a large spoon.

Makes approximately 36 - 40 cookies

## Benefits of some of the ingredients:

**Lignans** are a group of chemical compounds found in plants, particularly in flax seed. Lignans are one of the major classes of phytoestrogens, which are estrogen-like chemicals and also act as antioxidants.

**Omega-3** seems to help regulate the body's blood sugar levels, which helps keep hunger at bay. In the long term, it is believed that a diet rich in Omega-3 might lower the risk of diabetes and obesity. The benefits of omega-3s include reducing the risk of heart disease and stroke while helping to reduce symptoms of hypertension, depression, attention deficit hyperactivity disorder (ADHD), joint pain and other rheumatoid problems, as well as certain skin ailments. Some research has even shown that omega-3s can boost the immune system and help protect us from an array of illnesses including Alzheimer's disease.

**Dietary fibers** are the indigestible portion of plant foods that move food through the digestive system.

**Agave Nectar** is a natural sweetener that is extracted from the inner core of the Agave (a cactus-like plant native to Mexico). Agave Nectar absorbs slowly into the bloodstream, decreasing the highs and lows associated with sugar intake. Agave nectar comes from a cactus, with a very low glycemic index, meaning it does not significantly raise blood sugar levels. It is unprocessed and therefore provides vitamins and minerals not found in processed sweeteners. Because of the low glycemic index, it is acceptable for people with diabetes. **Agave Nectar** is a good source of calcium, iron, phosphorus, magnesium, potassium, vitamins B, C, D, E, zinc, selenium and chromium. *Agave Nectar has met the "food exchange requirements" by the American Diabetic Association and American Dietetic Association for product labeling.*

**Note:** \* If you prefer chocolate chip cookies, replace the cranberries with grain sweetened or unsweetened dark chocolate chips.

\*Flax seeds need to be ground to make the nutrients available otherwise they just "pass through".

\*Diabetics should consult their physician before ingesting any sweetener.

\*Best served with rice, soy or almond milk